



“Trentino Nature Experience” Val di Fiemme, 28/09 - 2/10/2022

Forest management is a form of respect of the environment and biodiversity and are natural features of our Trentino region, favoured by far-sighted policies.

This is not only about natural resources: the capital city of Trento was recognised as the “greenest city in Italy” in 2019 and 2020 by a survey conducted by Lega Ambiente and Ambiente Italia.

We chose **Val di Fiemme** as an ideal location for “Trentino Nature Experience” event, as it is part of the Paneveggio Natural Park and has always been attentive to environmental issues, as well as the correct management of natural resources.

Wednesday 28 September

Cavalese is the most important and lively centre of the Val di Fiemme, which has many great craft and sportswear shops, renowned restaurants, perfectly restored period buildings, elegant villas and modern sports facilities. The headquarters of "Magnificent Community of Fiemme" institution which oversees the management of the natural resources (forests & pastures) of the Valley for nine centuries, can also be found in the centre.

Arrival day. More details will follow about your flight and transfer to Cavalese.
Check-in at your hotel.

7.45 pm - welcome dinner by Michelin-star Alessandro Gilmozzi in the atmospheric location of charming Hotel Excelsior themed "The scents of the forest".

Trentino Marketing and the Val di Fiemme tourist office will welcome you and give you a brief overview of the "Trentino Nature Experience" itinerary.

Thursday 29 September

«The healing forest»

Theme: forest management and wellness in nature

Area: Val di Fiemme

During the first day, participants will have different experiences in the Paneveggio Pale di San Martino Natural Park - a protected area established by the Autonomous Province of Trento in 1967. The park is located within the Pale di San Martino (included in UNESCO Heritage), the dark porphyry from the mountains of the Lagorai chain and the state-owned forest of Paneveggio, also known as the "forest of violins".

The morning will be dedicated to getting to know the forest with a final, unusual wellness experience.

9.15 am - departure from your hotel

10.00 am - upon arrival, you will be welcome by Caterina Gagliano, Technical Manager of Forest Service, who will tell you about her life experience and how the forests are managed in Trentino. The director of the Paneveggio Park is also going to be present.

10.45 am - explore the forest along the Marciò path with the guides of the park and learn more about the lives of trees. Final visit of the Fiemme spruce hut where instruments backs are stored and cherished.

12.15 pm - transfer to nearby enchanted Val Venegia to experience "Breathrough", a meditative activity with headphones designed by Angela Grossi, who will be your "breathing DJ" (duration: 1h)

1.30 pm - Open-air "Cheese-nic" with a Dolomite view (vegan option available)

3.00 pm - Transfers back to your hotels in Cavalese and free time

7.30 pm - Departure from your hotels

8.00 pm - "Alpine herbs" themed dinner at rustic Ristorante Miola in Predazzo

Friday 30 September

«Trento back to the future»

Theme: biodiversity

Area: Trento

On the second day, the participants will be accompanied to Trento, “the greenest city in Italy” according to Lega Ambiente and the best Italian city for “intergenerational” quality of life. The attendees will experience a journey through time: from Roman Tridentum to the present day, and at the end will visit MUSE, the Science Museum, which is well-known for excellent credentials in biodiversity study.

10.00 am - departure from your hotel

11.30 am - arrival in Trentino’s capital city Trento and discover its medieval and Renaissance charm. Brief stop at the Castello del Buonconsiglio gardens.

12.15 pm - Reach charming Palazzo Roccabruna, dating back to the 16th century. Here you will meet one of Trentino’s most famous wine sommeliers, Roberto Anesi, who will guide you through a “wine tasting discovery game”.

Light lunch will follow in the Barchessa of the Palazzo.

2.30 pm - Tour of the historical centre to explore the city’s Roman and medieval past with the contemporary MUSE Science Museum designed by Renzo Piano as your final destination.

4.00 pm - meet geologist Massimo Bernardi, who will explain about Trentino & Alpine biodiversity and show you around the new sustainability gallery.

After his introduction, you will be able to visit the museum at leisure and then take a stroll in the city

6.45 - 7.00 pm - meeting point at award-winning Pizzeria Bella’mbriana for one of the best pizzas in town

9.00 pm - Transfer back to Cavalese

Saturday 1 October

For the third day, participants will be able to choose their preferred themed itinerary out of four offered, which will explore various areas of Trentino.

We have asked participants to select their preferred itineraries in order of preference. We will try to satisfy everyone’s wishes, bearing in mind the allowed numbers for each itinerary.

ITINERARY 1

«Trentino for heroes»

Theme: heroic agriculture with a focus on wine & gin

Area: Val di Cembra

This itinerary leads us to the discovery of the “heroic” agriculture of the Val di Cembra with its difficult morphology, characterized by the Avisio river and the terraces created by the river itself on the steep slopes of the valley. Here vines are grown to produce wines, grappas and -more recently - gin.

9.00 am - Departing transfer from your hotel

9.45 am - Arrival at the Segonzano earth Pyramids, in the heart of the valley and meeting with Vera Rossi, representative of the area

10.00 am - Reach the historical winery Barone a Prato, family-owned since 1885. Visit of the cellar and walk up to the iconic castle (20 mins' walk)

12.30 pm - Light gourmet lunch at Restaurant Ca' dei Volti

2.30 pm - Final tour of the Cantina Pilzer to meet charismatic owner Bruno Pilzer for a chat and a drink

3.30 pm - Transfer back to Cavalese

6.00 pm - musical Aperitivo at the Magnifica Comunità di Fiemme palace and final Pasta party at La Stua Restaurant

ITINERARY 2

«The value of staying local»

Theme: Producers, craftsmen and international entrepreneurs

Area: Val di Fiemme

Val di Fiemme has been steadily growing in various sustainable areas: starting from integrated management of forestry along with water resources and the production of energy from renewable sources to the sustainable development of production activities and the integration of mobility services. Morning visit dedicated to the wood industry of the area: the Ciresa production of music soundboards and the biomass heating system factory.

9.00 am - departure from the hotels (1 shuttle)

9.20 am - visit to Ciresa company (factory and show room) in Tesero

11.00 am - transfer to the biomass company of Cavalese

11.15 am - meeting with the company manager Andrea Ventura, who will explain about the different aspects of wood transformation

12.30 pm - transfer to "Agriturismo Maso Sorte" in Molina di Fiemme

2.30 pm - transfer back to your hotel in Cavalese

6.00 pm - musical Aperitivo at the Magnifica Comunità di Fiemme palace and final Pasta party at La Stua Restaurant

ITINERARY 3

«The many lives of water»

Theme: water world

Area: Valsugana

Valsugana, a Global Sustainable Tourism certified destination, is a land where water plays the most important role. The valley is famous for two Blue Flag certified lakes Levico and Caldonazzo, as well as thermal springs, where the water is flowing from the surrounding mountains and is saturated with minerals, well-known for great health benefits for centuries. Nowadays, excellence lies in its mineral waters and the development of increasingly responsible practices (environmental impact of the company and materials, design, etc.).

9.00 am - departure from the hotels (1 shuttle)

10.15 am - arrival in Valcanover and meet a representative of the local tourist office.

E-bike pick-up, ride along the cycle path to the Pescatore restaurant (5 km - easy, on flat ground)

11.00 am - leave your e-bike and transfer to Levico

11.20 am - tour of the Levico Casara water factory, the first "climate positive water company", where you will meet the marketing director

12.00 pm - transfer and short visit to the renowned Levico thermal centre (Terme di Levico), followed by leisure walk to the lakeside..

1.00 pm - Aperitivo in the company of the owner of the Romanese wine cellar on the pier and light lunch at the Taverna restaurant

2.30 pm - tour of Castello di Pergine: meeting with the Fondazione Castelpergine representative that will explain the social/cultural project connected to the castle

3.30 pm - transfer back to Cavalese

6.00 pm - musical Aperitivo at the Magnifica Comunità di Fiemme palace and final Pasta party at La Stua Restaurant

ITINERARY 4

«Mountain life: beauty and challenges»

Theme: life in a mountain hut

Area: Val di Fassa

This itinerary is dedicated to the Dolomite environment and the ways of life in a wonderful nature that is also full of challenges. Roberta Silva, the charismatic manager of the Roda de Vael mountain hut and a director of Trentino Refuge Association, will explain her typical day at work.

8.00 am - transfer from Cavalese to the cable cars in Vigo di Fassa - Ciampedie

8.45 am - arrival at the car park and ascent by lift

9.15 am - arrival at lift station Conca del Ciampedie and hike to the mountain hut (4,5 km - 300 m - less than 2h)

12.00 - lunch at the Roda de Vael mountain hut and chat with the owner Roberta

3.00 pm - departure of journalists who do not stay overnight in the mountain hut towards Passo Costalunga (1.15h walk more or less)

4.20 pm - pick up at Passo Costalunga

5.10 pm - arrival at the hotel

6.00 pm - musical Aperitivo at the Magnifica Comunità di Fiemme palace and final Pasta party at La Stua Restaurant

For those staying at the mountain hut: evening dinner and stargazing with a telescope.

Following Sunday morning:

6.05 am - sunrise from Roda de Vael mountain hut

7.20 am - breakfast and departure (within 8.00 am) towards Passo Costalunga (1.15h walk more or less)

9.15 am - pick-up at Passo Costalunga

10.00 am - arrival at the hotel

11.00 am - departure towards airport

Sunday 2 October

Departure of participants.

If transfers depart in the afternoon, free morning.

*Please note that the whole programme may vary depending on weather conditions.

Please remember to bring suitable warm clothes and hiking shoes.

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